

# Exercise on a Budget



- Walking is free.
- Buy an exercise tube or band for less than \$5.
- Plastic weights are less expensive than metal...and safer to use.
- Gyms can be costly, but you can purchase passes for exercise classes at a reduced cost.
- Senior centers, the YMCA, and local recreational centers are usually less expensive to join than a health club.
- Watch for health clubs when they're running specials such as "no initiation costs or start up fees".
- Share a personal trainer with another person.
- Find a nice local trail on which to walk or jog.
- Buy a bicycle from a second-hand shop or at a yard sale.
- Join a dance class at a local university or community college.
- Try a new sport that doesn't require expensive equipment.

***MOVE!***